

Mental Health from the “Shared Reality” Perspective

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Health as an Emergent Reality Above Normal Conditions

- Mental health is a paradigm for a shared understanding of the elements our shared realities.
- The mind moves the individual from isolated thoughts and inner dialogue to collective, outer and shared experiences of other people's thoughts and understanding .

Health is a Paradigm of Coherence of

- Self
- Other
- Group
- Nature - Future
- Spirit - Initiation

Self

- The fundamental need of the individual is to belong.
- The need to communicate moves perception to levels of cognition.
- Cognition is the means by which we create self- consciousness and self-identity.

Other

- The other is necessary for speech.
- The other is necessary for language.
- The other is necessary for agreements.
- The other is necessary for culture.
- The other is necessary for future.

Patterns of Resistance and Resilience Among Immigrants

Group

- Groups are the means by which we generate our deepest sense of belonging and in which we experience our deepest conflicts.
- Through the group we experience the collective consciousness, Karma and Destiny.

Patterns of Resistance and Resilience Among Immigrants (cont.)

Nature-Future

- Home
- Homeland
- Economy
- Destiny

Patterns of Resistance and Resilience Among Immigrants (cont.)

Spirit-Initiation

- The Individual seeks a higher purpose.
- Initiation: The will to aspire towards a meaningful future.